

Preventing Falls at Home

Most hip fractures begin with a preventable fall

THE BATHROOM IS THE MOST DANGEROUS ROOM IN THE HOUSE

Fit a **grab bar** beside the toilet and inside the bathing area — a towel rail is not a grab bar and will pull off the wall.

Use a **non-slip mat** or anti-skid stickers on wet floors.

Use a **plastic stool to sit on** while bathing rather than standing.

Consider a **raised commode seat**. Standing up from a low Indian toilet is a common moment for a fall.

Keep the floor dry — wipe up water immediately, and keep a squeegee handy.

Around the house

- **Remove loose mats and rugs**, or tape all edges down. Loose mats cause more falls than anything else.
- Clear **wires, cables and clutter** from walking paths.
- Keep **everyday items at waist height** so you need not climb or reach up. **Never stand on a stool or chair**.
- Fix **bright lighting** in passages and stairs, and keep a **night light** between bed and toilet. Keep a torch by the bed.
- Fit **handrails on both sides of stairs**, and mark the edge of each step with contrasting tape.
- Do not walk on freshly mopped floors. Be careful with pets underfoot.

YOURSELF

Wear **closed, well-fitting shoes with a firm sole** indoors and out. Avoid loose chappals, backless slippers and walking in socks on tiles.

Get your eyes tested yearly and keep your spectacles clean. Take extra care with bifocals on stairs.

Stand up slowly — sit on the bed edge for a few moments before standing, especially at night.

Blood pressure tablets, sleeping tablets and nerve-pain tablets all increase dizziness.

Ask us to review your medicines if you feel unsteady.

STRONG LEGS PREVENT FALLS

Practise standing up from a chair without using your hands, ten times a day. Stand on one leg while holding the kitchen counter, 30 seconds each side. Walk daily. **Balance and leg strength are trainable at any age.**

Search: falls prevention, home safety elderly, prevent fracture, slip in bathroom

